

3-MINUTE WORKOUT

Do each exercise for 30 seconds.



OVERHEAD MARCH

Stand up straight with your arms above your head and hands together. Engage your core. Lift your right knee to waist height. Lower your foot back to the floor and repeat on the left leg. For an extra challenge, hold a weight in your hands above your head.



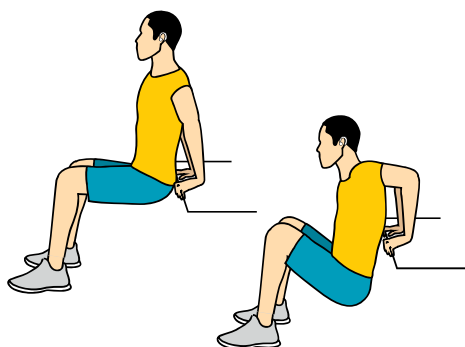
GOOD MORNING

Stand up straight with your feet shoulder width apart, arms crossed over your chest and hands resting on your shoulders. Slightly bend your knees, engage your core and look forward. Keeping your back straight, slowly push your hips back and lean forward until you are parallel to the floor. Pause for 1 second and slowly come back up. Repeat.



SUMO SQUATS

Stand with your feet slightly wider than shoulder width apart and point your toes slightly outwards. Engage your core. Keep your back straight and slowly lower into a sitting position until your thighs are parallel to the floor. Push through your heels to stand up again. Repeat.



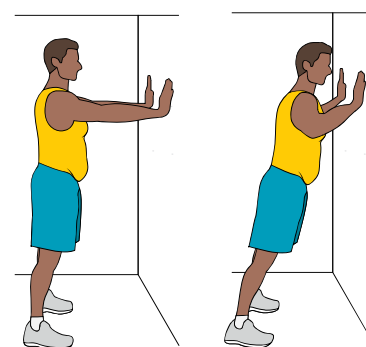
DIPS

Face away from a bench, desk or chair (without wheels). Place your hands shoulder width apart on the edge. Bend your knees to a right angle or extend them in front of you. Engage your core. Slowly bend your elbows and lower your body towards the ground. Slowly push back up into the starting position. Repeat.



TOE TAPS

Stand up straight with your arms by your side. Slowly lift your right leg up to waist height and reach your left hand to touch as close to your toes as you can. Try to keep your back straight. Lower your foot back to the floor and repeat on the other side.



WALL PUSHUPS

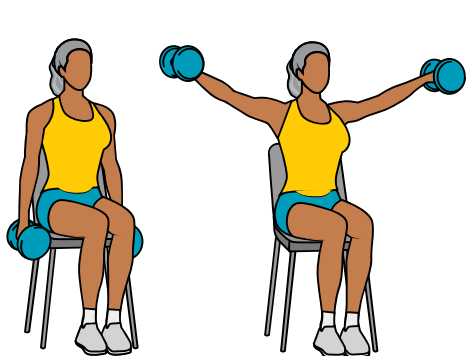
Stand up straight facing a wall with your feet shoulder width apart, about one arm's length away from the wall. Place your hands straight in front you on the wall. Keeping your legs straight, slowly lower your chest towards the wall. Push back into the starting position. Repeat. For an extra challenge, push up from a desk or the floor.



3-MINUTE SEATED WORKOUT

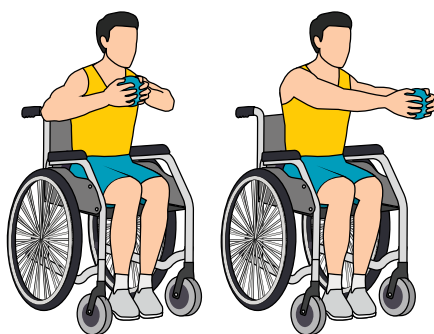
Do each exercise for 30 seconds.

TIP: If you don't have dumbbells, water bottles or cans of food make good weights.



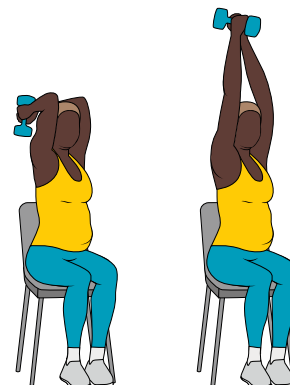
LATERAL RAISES

Sit up straight with a weight in each hand, arms by your side and elbows slightly bent. With your palms facing down, raise your arms outwards and upwards to shoulder height. Bring the weights back down to your side and repeat.



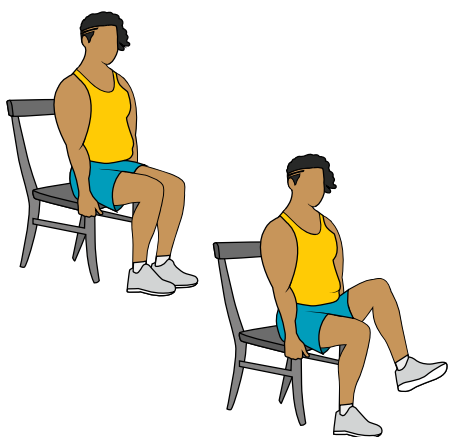
CHEST PRESS

Sit up straight holding a ball (or imaginary ball) in front of your chest, elbows out to the side. Squeeze the ball and extend your arms out in front of you. Bring the ball back to your chest while still squeezing the ball. Repeat.



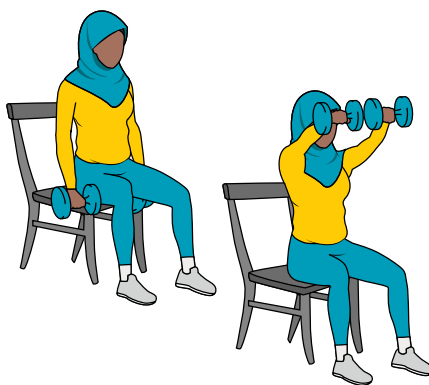
TRICEPS EXTENSION

Sit up straight, grip both hands on one weight. Raise your arms straight up overhead with your arms alongside your ears. Bend your elbows and slowly lower the weight behind your head. Raise the weight back up over your head and repeat.



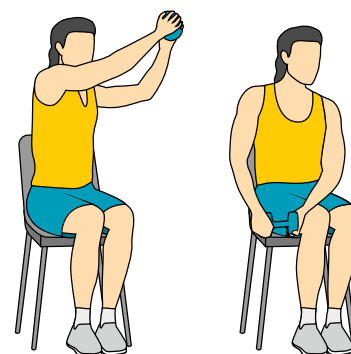
SEATED MARCHES

Sit up straight with your feet on the floor. Without rocking back, lift your right leg as high as you can with your knee bent. Lower your foot to the floor and repeat on the left leg. Repeat. If you cannot move your legs, lift them up with your hands.



FRONT RAISES

Sit up straight with a weight in each hand. Start with the weights resting on your knees, palms facing down, and lift the weights upwards to shoulder height. Hold the weights in front of you for 2 seconds, then lower the weights back down to your knees. Repeat.



WOOD CHOP

Sit up straight holding each end of a weight in your hands. Stretch your arms straight out in front of you and raise them to the sky. Rotate your torso to the left. Slowly swing the weight down to your right knee while rotating your torso to the right. Repeat for 15 seconds, then switch sides.

